



Free Resources for Youth and Parents

YOUTH

A Guide for Teens, Does Your Friend Have an Alcohol or Other Drug Problem? What You Can Do To Help- PHD688

A Guide for Teens was developed to assist teens in helping a friend who has a problem with alcohol or drugs. It provides a list of warning signs; causes for alcohol and drug problems; reasons why it is hard for someone to admit that he or she has a problem; and suggestions for ways to help. A resource and referral guide is provided at the end of the brochure.



How Getting High Can Get You AIDS- PHD573

Enlivened with comic book style drawings, this colorful fold-out leaflet takes a serious look at why getting high on drugs can cause risky behavior and why AIDS is another way drugs can kill.

Marijuana: Facts for Teens- PHD713 (Spanish version is available PHD713S)

What is marijuana and how does it affect the user's everyday life? This colorful brochure answers these questions and many more. Marijuana: Facts for Teens also examines the short- and long-term effects of marijuana use, signs that someone has been using marijuana, ways that marijuana affects driving ability, and possible harm marijuana may do to a person's brain.

Tips for Teens

This series of brochures provides facts and dispels myths about substance use. Information is provided on long-term and short-term effects, physical and psychological risks, impact on sexual performance, and legal implications.

- Tips for Teens about Alcohol- PH323
- Tips for Teens about Crack and Cocaine- PHD640
- Tips for Teens about Hallucinogens- PHD642
- Tips for Teens about Inhalants- PHD000
- Tips for Teens about Marijuana- PHD641
- Tips for Teens about Smoking- PHD633
- Tips for Teens about Steroids- PHD726
- Tips for Teens about AIDS- PHD725

PARENTS

Alcohol Alert #37. Youth Drinking: Risk Factors and Consequences (1997)- PH376

Alcoholism Tends to Run in Families- PH318

This fold-out brochure opens to an attractive poster on one side. The reverse side provides questions and answers about how to help children of alcoholics and where to find resources for additional information.

Become an Asset Builder- NCBAAB

What is asset building? What are developmental assets? How do I get involved?

Don't Harm Yourself. Arm Yourself with Knowledge About Drugs! (Parents' Version)- MS512

The parents' version of this pamphlet provides parents with guidance for talking to their children about drugs. A question and answer section details how drugs affect a person's body and another section discusses inhalants, tobacco, and marijuana.

Growing Up Drug Free: A Parent's Guide to Prevention- PHD533

Growing Up Drug-Free outlines what children at various stages of development should know about drugs, suggests ways for parents to discuss drugs with their children, and recommends family activities to reinforce children's motivation to avoid alcohol and other drugs.

Is My Child Using?- NCIMCU

A questionnaire for parents to use if they think that their child may be using alcohol or other drugs.

Just the Facts- RPO884

Just the Facts informs people of ways they can tell if they have an alcohol or other drug problem or if a loved one has a problem with alcohol or other drugs. The handout describes many different drugs, including side effects and slang names. Messages for teenagers to discourage them from trying drugs and alcohol are included, as well as a list of referral organizations.



Keeping Youth Drug-Free: A Guide for Parents, Grandparents, Elders, Mentors, and Other Caregivers- PHD711

This booklet is intended for those who raise children between 9 and 13 years old. Keeping Youth Drug-Free is divided into sections based on the five common reasons young people give for using marijuana, alcohol, and tobacco: to feel grown up, to fit in, to relax and feel better, to take risks, and to satisfy curiosity. Exercises are given for each section.

Marijuana: Facts Parents Should Know- PHD712 (Spanish version available-PHD712S)

Designed for parents, this booklet answers some of the most frequently asked questions about marijuana, provides the latest scientific information, and suggests ways to talk to teenagers about marijuana use.

Methamphetamine- NCM

This brochure describes the three different types of methamphetamine used, how it is used, identifying abuse and treatment, and the situation in Nebraska.



Parenting Perspective: Children of Alcoholics- NCPPCOA

How can I help my children? Are my children at higher risk for alcoholism? What puts these children at risk?

Prevention Begins at Home- NCPBAH

Topics include: start talking to your kids early; help kids learn to say "no"; set rules and consequences; know what your kids are doing; and set a good example.

Setting an Example- NCSAE

A test for adults to check themselves to see if they are setting a good example for children.

Standard Drink Conversion Chart- RP0945

This one-page chart calculates the amount of alcohol in various alcoholic beverages.

